

# LANDMARK COURT RECREATION CHOICES

FEBRUARY 2016

Landmark Court • Jessica Laffin, Director of Recreation | [jessica.laffin@reveraliving.com](mailto:jessica.laffin@reveraliving.com)

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|---|---|---|---|---|--|--|
|   | <b>1</b><br>09:00am Landmark Knitters (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>02:00pm Euchre (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Pool (Games Room)<br>07:00pm TV Bingo (Cliffside)   | <b>2 Groundhog Day</b><br>09:30am Wheel of Fortune (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am 1:1 Rec. Assessments (Suites)<br>01:15pm <b>Outing (Lobby): Art Gallery &gt; Monet: A Bridge to Modernity</b><br>02:00pm Mexican Dominoes (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:00pm Chair Yoga (Lobby)<br>03:30pm Ice Cream Social (Cliffside)<br>07:00pm Bridge (Games Room) | <b>3</b><br>09:00am Landmark Knitters (Cliffside)<br>09:30am Word Games (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:00am Aqua Fit (Rec. Centre) > \$6.75<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>02:00pm Bingo (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Pool (Games Room)<br>07:00pm Euchre (Games Room)  | <b>4</b><br>09:30am Adult Colouring Fun (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:00am Church Service (Chapel): Anglican<br>02:00pm Mexican Dominoes (Cliffside)<br>02:00pm <b>Recreation Meeting (Rockcliff)</b><br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Bean Bag Toss (Lobby)<br>07:00pm Bridge (Games Room)  | <b>5 Wear Red Day</b><br>09:15am <b>Outing (Lobby): Billings Bridge</b><br>09:30am Manicures (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>01:15pm Whist (Games Room)<br>02:00pm <b>Cocktail Hour with Andre Gareau (Rockcliff)</b><br>02:30pm Afternoon Tea (Cliffside)<br>07:00pm Movie (Cliffside): The Butler   | <b>6</b><br>09:30am Landmark Knitters (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Video Exercises (Cliffside)<br>02:00pm Euchre (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Scrabble (Cliffside)<br>07:00pm Musical Movie (Cliffside): Celtic Thunder: Heritage               |
| <b>7</b><br>09:30am Adult Colouring Fun (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Video Exercises (Cliffside)<br>02:00pm Whist (Games Room)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Bean Bag Toss (Lobby)<br>07:00pm Documentary (Cliffside): Alaska: The Edge of Life   | <b>8 Chinese New Year</b><br>09:00am Landmark Knitters (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>02:00pm Euchre (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:00pm Ice Cream Social (Cliffside)<br>03:30pm Pool (Games Room)<br>07:00pm TV Bingo (Cliffside)                              | <b>9 Shrove Tuesday/Mardi Gras</b><br>09:15am <b>Outing (Lobby): Carlingwood</b><br>10:00am Coffee Break (Cliffside)<br>10:30am Bible Study (Rockcliff)<br>01:15pm <b>Outing (Lobby): Lansdowne Through the Years Photo Exhibit &amp; Snow Sculptures</b><br>02:00pm Mexican Dominoes (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:00pm Chair Yoga (Lobby)<br>07:00pm Bridge (Games Room)           | <b>10</b><br>09:00am Landmark Knitters (Cliffside)<br>09:30am Word Games (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:00am Aqua Fit (Rec. Centre) > \$6.75<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>02:00pm Bingo (Cliffside)<br>03:00pm Afternoon Tea (Cliffside)<br>03:30pm Pool (Games Room)<br>07:00pm Euchre (Games Room) | <b>11</b><br>09:30am Adult Colouring Fun (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:00am Church Service (Chapel): Catholic<br>02:00pm <b>Valentine's Day Party with Stanley Frank (Rockcliff)</b><br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Bean Bag Toss (Lobby)<br>07:00pm Bridge (Games Room)   | <b>12</b><br>09:15am <b>Outing (Lobby): Billings Bridge</b><br>10:00am Coffee Break (Cliffside)<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>01:15pm Whist (Games Room)<br>02:30pm Afternoon Tea (Cliffside)<br>07:00pm Movie (Cliffside): The Secret Life of Walter Mitty   | <b>13</b><br>09:30am Landmark Knitters (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Video Exercises (Cliffside)<br>02:00pm Euchre (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Scrabble (Cliffside)<br>07:00pm Musical Movie (Cliffside): Betty Midler: The Showgirl Must Go On |
| <b>14 Valentine's Day</b><br>09:30am Adult Colouring Fun (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Video Exercises (Cliffside)<br>02:00pm Whist (Games Room)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Bean Bag Toss (Lobby)<br>07:00pm Documentary (Cliffside): Florida   | <b>15 Family Day</b><br>09:00am Landmark Knitters (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>02:00pm Euchre (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Pool (Games Room)<br>07:00pm TV Bingo (Cliffside)   | <b>16</b><br>09:30am Wheel of Fortune (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>11:00am <b>Lunch Outing (Lobby): Fiddleheads, Perth, Ontario</b><br>02:00pm Mexican Dominoes (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:00pm Chair Yoga (Lobby)<br>03:30pm Ice Cream Social (Cliffside)<br>07:00pm Bridge (Games Room)   | <b>17</b><br>09:00am Landmark Knitters (Cliffside)<br>09:30am Word Games (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:00am Aqua Fit (Rec. Centre) > \$6.75<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>02:00pm Bingo (Cliffside)<br>03:00pm Afternoon Tea (Cliffside)<br>03:30pm Pool (Games Room)<br>07:00pm Euchre (Games Room) | <b>18</b><br>09:30am Adult Colouring Fun (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am 1:1 Rec. Assessments (Suites)<br>02:00pm Mexican Dominoes (Cliffside)<br>02:00pm <b>Resident &amp; Manager Meeting (Rockcliff)</b><br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Bean Bag Toss (Lobby)<br>07:00pm Bridge (Games Room)   | <b>19</b><br>09:15am <b>Outing (Lobby): Billings Bridge</b><br>09:30am Manicures (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>01:15pm Whist (Games Room)<br>02:00pm <b>Cocktail Hour with The Red Wing Fiddlers (Rockcliff)</b><br>02:30pm Afternoon Tea (Cliffside)<br>07:00pm Movie (Cliffside): The White Masai | <b>20</b><br>09:30am Landmark Knitters (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Video Exercises (Cliffside)<br>02:00pm Euchre (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Scrabble (Cliffside)<br>07:00pm Musical Movie (Cliffside): Celtic Thunder: Storm                 |
| <b>21</b><br>09:30am Adult Colouring Fun (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Video Exercises (Cliffside)<br>02:00pm Whist (Games Room)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Bean Bag Toss (Lobby)<br>07:00pm Documentary (Cliffside): A Year in Italy           | <b>22</b><br>09:00am Landmark Knitters (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>02:00pm <b>February's Resident Birthday Party with Alrene Quinn</b><br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Pool (Games Room)<br>06:30pm <b>OHS Pet Visit (Cliffside)</b><br>07:00pm TV Bingo (Cliffside) | <b>23</b><br>10:00am Coffee Break (Cliffside)<br>10:00am Bible Study (Rockcliff)<br>01:30pm <b>Outing (Lobby): Tea Party Cafe</b><br>02:00pm Mexican Dominoes (Cliffside)<br>02:00pm <b>Ottawa Public Library (Cliffside) &gt; Open until 3:00pm</b><br>02:30pm Afternoon Tea (Cliffside)<br>03:00pm Chair Yoga (Lobby)<br>03:30pm Ice Cream Social (Cliffside)<br>07:00pm Bridge (Games Room)                | <b>24</b><br>09:00am Landmark Knitters (Cliffside)<br>09:30am Word Games (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:00am Aqua Fit (Rec. Centre) > \$6.75<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>02:00pm Bingo (Cliffside)<br>03:00pm Afternoon Tea (Cliffside)<br>03:30pm Pool (Games Room)<br>07:00pm Euchre (Games Room) | <b>25</b><br>09:15 <b>Outing (Lobby): Wal-Mart</b><br>09:30am Adult Colouring Fun (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am 1:1 Rec. Assessments (Suites)<br>02:00pm Mexican Dominoes (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Bean Bag Toss (Lobby)<br>05:00pm <b>February's Resident Birthday Dinner (Rockcliff)</b><br>07:00pm Bridge (Games Room) | <b>26</b><br>09:15am <b>Outing (Lobby): Billings Bridge</b><br>09:30am Manicures (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>01:15pm Whist (Games Room)<br>02:30pm Afternoon Tea (Cliffside)<br>02:30pm <b>Cocktail Hour (Rockcliff)</b><br>07:00pm Movie (Cliffside): Words and Pictures                         | <b>27</b><br>09:30am Landmark Knitters (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Video Exercises (Cliffside)<br>02:00pm Euchre (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Scrabble (Cliffside)<br>07:00pm Musical Movie (Cliffside): My Fair Lady                          |
| <b>28</b><br>09:30am Adult Colouring Fun (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Video Exercises (Cliffside)<br>02:00pm Whist (Games Room)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Bean Bag Toss (Lobby)<br>07:00pm Documentary (Cliffside): 33 Great Cities of Europe | <b>29</b><br>09:00am Landmark Knitters (Cliffside)<br>10:00am Coffee Break (Cliffside)<br>10:30am Family Physio Class #1 (Rockcliff)<br>11:00am Family Physio Class #2 (Rockcliff)<br>02:00pm Euchre (Cliffside)<br>02:30pm Afternoon Tea (Cliffside)<br>03:30pm Pool (Games Room)<br>07:00pm TV Bingo (Cliffside)  |   |   |   | <b>ROOM LEGEND</b><br><br>Cliffside Lounge – 1 <sup>st</sup> Floor (L)<br>Games Room – Basement (B)<br>Rockcliff Lounge – 5 <sup>th</sup> Floor<br>Dining Room – 1 <sup>st</sup> Floor (L)<br>Rev It Up Room – 4 <sup>th</sup> Floor<br>Lobby – 1 <sup>st</sup> Floor (L)<br>Chapel – 4 <sup>th</sup> Floor  | <b>BEAUTY SALON</b><br><br><u>Hours</u><br><br>Tuesdays   9:00am - 1:00pm<br><br>Fridays   9:00am - 4:00pm   |